

Appendix A

Negative Thoughts About Ourselves (For Children)

- ___ 1. I do not belong.
- ___ 2. I am always left out.
- ___ 4. I feel ignored by my friends.
- ___ 5. I believe no one really likes me because no one plays with me or talks to me at school.
- ___ 6. I am not pretty/handsome enough.
- ___ 7. I do not like the way I look.
- ___ 8. I feel alone.
- ___ 9. I get made fun of at school a lot.
- ___ 10. I should have been a boy/girl.
- ___ 11. I feel sad a lot.
- ___ 12. I never have anyone say thank you for what I do.
- ___ 13. I can never do anything right.
- ___ 14. God does not love me.
- ___ 15. I am always the one who goofs up.
- ___ 16. I am scared to make new friends.
- ___ 17. I am always right and never wrong.
- ___ 18. I get confused a lot.
- ___ 19. I am a bad person. People do not like the real me.
- ___ 20. I am shy and do not want to make friends.
- ___ 21. All the other girls and boys are better than me.
- ___ 22. School is hard for me. I do not do good in school.
- ___ 23. I always feel there is something wrong with me.

___24. When someone hurts me I want to hurt them.

___25. I get mad a lot.

___26. God loves other people more than me.

___27. I am afraid.

___28. My parents love my brother and sister more than me.

___29. I believe my friends want to make fun of me.

30. List any other negative or unhappy thoughts you struggle with:
